

# 大學游泳池個人衛生備忘

為讓大家享受一個合適的游泳環境，請遵守下列事項：

(1) 前往游泳前，

- 如感到不適，或出現嘔吐、發燒、感冒、紅眼症或皮膚感染的徵狀，請勿游泳，並應盡早求醫。

(2) 在泳池場館內，

- 請保持更衣室及廁所清潔整齊。
- 請勿吐痰、亂拋垃圾、飲食或吸煙。

(3) 在進入泳池池面時，

- 須穿上適當及清潔的泳裝
- 須經過水簾及洗腳池，以沖洗身體上塵垢
- 請勿在泳池池面穿著曾在泳池場館以外穿著的鞋或拖鞋

請同心協力保持大學游泳池衛生！

## Reminder for Personal Hygiene in Using the University Swimming Pool

To ensure a desirable swimming environment, please observe the following:

1. Before you go swimming,

- If you feel unwell, or present any symptoms of vomiting, fever, diarrhoea, flu, red-eye disease or skin infection, it is advisable to refrain from swimming and consult your doctor promptly.

2. When you are inside the pool complex,

- Keep the dressing room and toilet clean and tidy
- Do not spit, litter, eat, drink or smoke

3. Before you enter the pool deck area,

- Make sure you put on a proper and clean swimming suit
- Should walk through the shower bath and footbath to rinse your body for removing the dirt
- On the pool deck area, do not wear shoes/flip-flops that have been worn outside the pool complex

Let's Join Hands to Maintain Hygiene of the University Swimming Pool!